



Produce of the month: Carrots , Green Beans, Beets, Swiss Chard, Garlic, New Potatoes, Salad Mix, Leaf lettuce, Cilantro, Boc Choy, Arugula, Mizuna, Walla Walla onions, and Kale.

FEATURED RECIPE

Farmers Markets Spring Quinoa Salad

Recipe by Birgitte Antonsen, PCC Cooks instructor

Prep Time: 30 minutes, Servings: 4 to 6

Cooked quinoa is a perfect protein and is a great addition to a vegetarian diet or as an added protein to any salad. A great spring or summer salad for picnics and barbecues. Take advantage of local and seasonal produce by using any vegetables listed in the recipe.

Ingredients

- 1 cup quinoa
- 1 2/3 cups filtered water or vegetable broth

Vegetables, 4 to 5 cups all together, such as:

- 1 to 1 1/2 cups asparagus, snap peas, green beans, diagonally sliced
- 1 to 1 1/2 cups radishes, cucumber, fennel, tomatoes, diced
- 3 green onions or 1/3 small Walla Walla, red or yellow onion, finely diced
- 1 bunch leafy greens (mizuna, arugula, chard, kale or a mix), finely sliced
- 1 cup fresh herbs (cilantro, basil, mint, parsley, chives), chopped

Dressing:

- 1/4 to 1/3 cup lemon juice
- 1/4 to 1/3 cup extra-virgin olive oil
- 3 to 4 garlic cloves, minced
- Salt and pepper

Preparation

Place the quinoa in a fine sieve and rinse under running water.

In a small saucepan, combine water or broth and rinsed quinoa. Bring to a boil, cover and reduce the heat and let it simmer for 5 to 10 minutes. Turn off the heat and let sit for 15 to 20 minutes to absorb remaining water. Remove and cool completely.

Prepare all the vegetables and place in the salad bowl with the cooled quinoa. Make the dressing and toss with the salad and serve.

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